

## Using the PHQ-2 and GAD-2 to screen for depression and anxiety in patients

- PHQ-2 and GAD-2 are screening measures developed to be used in health settings.
- Complete the following questions with your patient and score.
- A total score of 3 or more on either measure indicates that a referral to the Wellbeing Service may be appropriate.

### PHQ-2

Over the last 2 weeks, how often have you been bothered by the following problems?

#### 1) Little interest or pleasure in doing things

Not at all = 0 point score

Several days = 1 point score

More than half the days = 2 point score

Nearly every day = 3 point score

#### 2) Feeling down, depressed or hopeless

Not at all = 0 point score

Several days = 1 point score

More than half the days = 2 point score

Nearly every day = 3 point score

**TOTAL SCORE =**

### GAD-2

Over the last 2 weeks, how often have you been bothered by the following problems?

#### 1) Feeling nervous, anxious or on edge

Not at all = 0 point score

Several days = 1 point score

More than half the days = 2 point score

Nearly every day = 3 point score

#### 2) Not being able to stop or control worrying

Not at all = 0 point score

Several days = 1 point score

More than half the days = 2 point score

Nearly every day = 3 point score

**TOTAL SCORE =**

**Refer into the NHS Wellbeing Service online at [www.wellbeingnands.co.uk/norfolk/professionals/](http://www.wellbeingnands.co.uk/norfolk/professionals/)  
or email [admin@wellbeingnandw.co.uk](mailto:admin@wellbeingnandw.co.uk)**

# Wellbeing Service - Guidance for Professionals

The Wellbeing Service in Norfolk and Waveney offer short-term psychological interventions for mild to moderate anxiety disorders and/or depression. We can work with anyone aged 16 and over with no upper age limit.

## People experiencing the following difficulties can benefit from the Wellbeing Service:

- Stress
- Low mood
- Worry
- Sleep Problems
- Depression
- Agoraphobia
- Recurrent Depression
- Panic
- Social phobia
- Obsessive Compulsive Disorder
- Social Anxiety
- Post-Traumatic Stress Disorder

## Brief interventions offered by the Wellbeing Service are not for people presenting with:

- Existing diagnosis of serious mental illness.
- Enduring, complex presentations unlikely to be responsive to short-term focused intervention e.g. trauma such as childhood sexual abuse.
- Multiple problems requiring multi-disciplinary / agency care approach, including active safeguarding concerns.
- A need for specialist support, for example: eating disorders, or functional neurological disorders or drug and alcohol issues.

## Clinical and Social Recovery Interventions

### CBT, Counselling & EMDR

- 1:1 talking therapy
- Psychoeducational workshops
- Computerised CBT

### Peer Support Workers

Promote recovery using their lived experience.

### Employment Advice

Helping people to find, return to, or remain in work.

### Social Events

Helping people connect with others in their recovery journey.